

Arizona Department of Health Services

OCDPNS Nutrition Standard

Adults

Dietary Quality/Appropriate Nutrition:

Macronutrients (1, 2, 3)

- **Protein:**
.80 g/kg/day
- **Carbohydrates:**
45-65 % of total energy intake
no more than 25% of total energy from added sugars
- **Total Fat:**
20-35% of total energy intake
- **Total Fiber:**
21-38 grams/day

Persons > 2 years should follow Dietary Guidelines

Aim for Fitness . . .

- Aim for a healthy weight.
- Be physically active each day.

Build a Healthy Base . . .

- Let the Pyramid guide food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

Choose Sensibly . . .

- Choose a diet low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.

Food Guide Pyramid Servings and Sizes

Use the Food Guide Pyramid to guide choices based on age, gender, and activity level:

Recommended Daily Food Guide Pyramid Servings (2,3)			
<i>Food Group</i>	<i>Women, Some Older Adults (about 1,600 calories)</i>	<i>Active Women, Most Men (about 2,200 calories)</i>	<i>Active Men (about 2,800 calories)</i>
Grains Group – Especially whole grains	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk Group – Adults over 50 need 3 servings daily.	2 or 3	2 or 3	2 or 3
Meat and Beans Group – Preferably lean or low-fat	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 6 ounces
Total Fat	53 grams	73 grams	93 grams
Total Added Sugar	6 teaspoons	12 teaspoons	18 teaspoons

- 2-3 servings for Meat and Beans Group

Serving Sizes – Meat and Beans Group (meat, poultry, fish, dry beans, eggs, and nuts)

2-3 ounces of cooked lean meat, poultry, or fish
1/2 cup of cooked dry beans or 1 egg counts as 1 ounce of lean meat
2 1/2 ounce soyburger or 1/2 cup tofu counts as 1 ounce of meat
Two tablespoons of peanut butter or 1/3 cup of nuts count as 1 ounce of meat.

- 6-11 servings for Grains Group, several servings should be from whole grains each day

Serving Sizes – Grains Group (bread, cereal, rice, and pasta)

1 slice of bread
About 1 cup of ready-to-eat cereal
1/2 cup of cooked cereal, rice, or pasta

Some foods fit into more than one group. Dry beans, peas, and lentils can be counted as servings in either the meat and beans group or vegetable group. These foods can be counted as servings from either one or the other group, but not both. Serving sizes indicated here are those used in the Food Guide Pyramid and based on both suggested and usually consumed portions necessary to achieve adequate nutrient intake. They differ from serving sizes on the Nutrition Facts Label, which reflect portions usually consumed.

Iron (4, 5)

DRI

- Women 19 to 50 years: 18 milligrams/day
- Women 50 to >70 years: 8 milligrams/day
- Men 10 to >70 years: 8 milligrams/day

Iron Screening

- Nonpregnant Women of Childbearing Age

Encourage all women to eat iron-rich foods and foods that enhance iron absorption. Women who have low-iron diets are at risk for iron-deficiency anemia; guide these women in optimizing their dietary intake.

Screen all nonpregnant women for anemia every 5-10 years. Annually screen women with risk factors for iron deficiency: extensive menstrual or other blood loss, low iron intake, or previous iron-deficiency anemia.

Age-Specific maximum hemoglobin (Hgb) concentration and hematocrit (Hct) values for anemia: *

Hgb: <12.0 g/dL Hct: <35.7%

For programs offering individualized clinical services, utilize the Centers for Disease Control and Prevention recommendations for diagnosis and treatment of iron-deficiency anemia.

- Men \geq 18 years and Postmenopausal Women

No routine screening for iron deficiency is recommended. Iron deficiency or anemia detected during routine medical examinations should be fully evaluated for its cause. Men and postmenopausal women usually do not need iron supplements.

Age-Specific maximum hemoglobin (Hgb) concentration and hematocrit (Hct) values for anemia: *

Men: Hgb: <13.5 g/dL Hct: <39.9%
Postmenopausal Women: Hgb: <12.0 g/dL
Hct: <35.7%

** Adjust for altitude as specified by the Centers for Disease Control and Prevention*

Fruit/Vegetable Intake (2, 3, 4, 6)

Vitamin A

DRI's

- \geq 18 years females: 700 micrograms/day
- \geq 18 years males: 900 micrograms/day

Vitamin C

DRI's

- \geq 19 years females: 75 mg/day
- \geq 19 years males: 90 mg/day

Significant scientific evidence supports the recommendation to consume 5-9 servings of fruits and vegetables each day to improve health and lower risk for cancer, heart disease, and other conditions. To increase consumption of fruits and vegetables:

- Eat a variety of colorful fruits and vegetables each day.
- Include vegetables and fruits at every meal and for snacks.
- Limit French fries, snack chips, and other fried vegetable products.
- Choose 100% fruit and vegetable juices.

Use the Food Guide Pyramid to guide choices:

- 3-5 servings of vegetables
- 2-4 servings of fruits

Serving Sizes – Vegetable Group

1 cup of raw leafy vegetables
1/2 cup of other vegetables -- cooked or chopped raw
3/4 cup of vegetable juice

Serving Sizes – Fruit Group

1 medium apple, banana, orange
1/2 cup of chopped, cooked, or canned fruit
3/4 cup of fruit juice
1 /4 cup dried fruit, like raisins

Calcium and Vitamin D (2, 3, 7)

Calcium

DRI's

- 19-50 years of age males and females: 1000 mg/day
- 50-70 years of age males and females: 1200 mg/day

Vitamin D:

DRI

- Men and Women > 19 years of age: 5 micrograms/day

Use the Food Guide Pyramid to guide choices:

- 2-3 servings for Milk Group

Serving Sizes – Milk Group (milk, yogurt, cheese)

1 cup of milk or yogurt
1-1/2 ounces of natural cheese
2 ounces of processed cheese

Recommend fat free or low fat dairy products. This includes lactose-free and lactose-reduced milk products. One cup of soy-based beverage with added calcium is an option for those who prefer a non-dairy source of calcium.

Folic Acid (8, 9)

DRI:

- Men and Women > 19 – 70 years of age: 400 micrograms/day

All women capable of becoming pregnant should consume 400 micrograms of synthetic folic acid daily, from fortified foods or supplements or a combination of the two, in addition to consuming folate in foods from a varied diet for the prevention of birth defects such as spina bifida and anencephaly.

Healthy Weight (2, 10, 11, 12, 13)

Overweight and obesity are a leading public health problem. The burden of overweight of overweight and obesity results in premature and disability, increased medical costs, in lost productivity, and in social stigmatization. Studies show that the risk of death rises with increasing weight. Poor diet and lack of physical activity cause 400,000 deaths each year, nearly as many as caused by tobacco (435,000).

Overweight and obesity are caused by many factors including genetic, metabolic, behavioral, environmental, cultural, and socioeconomic influences. For the majority of people, overweight and obesity result from excess calorie consumption and/or inadequate physical activity. Health diet and regular physical activity, consistent with the Dietary Guidelines for Americans, should be promoted as the cornerstone of any prevention or treatment effort.

Screening

All adults should be screened for weight status using body mass index (BMI) at least every two years.

BMI is a measure of weight in relation to height. BMI is calculated as weight in kilograms divided by the square of height in meters. BMI is significantly correlated with total body fat content for the majority of people. BMI has some limitations, in that it can overestimate body fat in persons who are very muscular and can underestimate fat in persons who have lost muscle mass, such as many elderly.

An on-line BMI calculator is available at: <http://www.cdc.gov/nccdphp/dnpa/bmi/bmi-means.htm>

For adults over 20 years old, BMI levels should be classified into one of these categories:

BMI	Weight Status
Below 18.5 kg/m ²	Underweight
≥18.5 – 24.9 kg/m ²	Healthy Weight
25.0 – 29.9 kg/m ²	Overweight
≥30.0 kg/m ² and Above	Obese

For overweight individuals, recommend reduction of 500 to 1000 calories per day (kcal/day) from current dietary intake and increased physical activity to at least 60 minutes per day most days of the week.

For programs offering individualized clinical services to overweight and obese clients, utilize the National Heart Lung and Blood Institute Clinical Guidelines for Identification, Evaluation and Treatment of Overweight and Obesity in Adults to design treatment protocols. These guidelines may be found at this website:

http://www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm

Physical Activity (1, 15)

Adults

- Adults need at least 30 minutes of moderate physical activity most or preferably all days of the week.
- To maintain body weight or lose weight, adults need 60 minutes of moderate physical activity each day.

Most adults do not need to see a health care provider before starting to become more physically active. Individuals planning to start a vigorous activity program should be encouraged to consult their health care provider if they:

- Have a chronic health problem such as heart disease, hypertension, diabetes, osteoporosis, or obesity.
- Are at high risk for heart disease (family history, smoke cigarettes, sedentary lifestyle, high blood pressure, high cholesterol, diabetes).
- Are over age 40 for men or 50 for women.

Age	Activities	Examples
Adults	Cardiovascular and weight resistance exercise, stretching to improve flexibility	Walking, running, yoga, weight training, Pilates, bicycling, swimming.

Oral Health (7, 16)

DRI's for Fluoride

- Males > 19 years of age: 4 mg/day
- Females > 19 years of age: 3 mg/day

To promote good oral health:

- Eat a balanced diet and limit between meal snacks.
- Drink fluoridated water. *
- Brush teeth regularly with fluoride tooth paste.
- Visit a dentist regularly for professional cleanings and oral exams.
- Use helmets, mouth guards, and seat belts to help prevent injuries to the mouth, teeth, or head.
- Avoid tobacco and excessive use of alcohol.

** Concentration of optimal fluoride in water for maximal dental caries prevention is 0.7 to 1.2 ppm.*

Food Security (17, 18 19, 20)

Food insecurity is the limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways. (19 USDA ERS 2002) Federal poverty guidelines are established by the Office of Management and Budget, and are updated annually by the Department of Health and Human Services.

Arizona Farmers' Market Nutrition Program: The WIC Farmers' Market Nutrition Program (FMNP) is associated with the Special Supplemental Nutrition Program for Women, Infants and Children, popularly known as WIC, provides supplemental foods, health care referrals and nutrition education at no cost to low-income pregnant, breastfeeding and non-breastfeeding post-partum women, and to infants and children up to 5 years of age, who are found to be at nutritional risk. Women, infants (over 4 months old) and children that have been certified to receive WIC program benefits or who are on a waiting list for WIC certification are eligible to participate. For additional information, call (800) 362-0101.

Child and Adult Care Food Program: Child and Adult Care Food Program provide nutritious meals and snacks to children and adults.

Free Meals	Incomes at or below 130 percent of the poverty level
Reduced meals	Incomes between 130 percent and 185 percent of the poverty level
Full price meals	Incomes over 185 percent of poverty level

Commodity Supplemental Food Program: The population served by CSFP is similar to that served by USDA's [Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](#), but CSFP also serves people who are 60 years or older, and provides food rather than the food vouchers that WIC participants receive. Eligible people cannot participate in both programs at the same time. CSFP food packages do not provide a complete diet, but rather are good sources of the nutrients typically lacking in the diets of the target population. For additional information, call the WIC hotline at (800) 362-0101.

Food Banks, Food Pantries, and Emergency Feeding Centers: Food Banks and Pantries can give an emergency supply of food. For additional information, call Community Information and Referral at (800) 352-3792.

Food Stamp Program: The Food Stamp Program provides low-income families with electronic benefits they can use like cash at most grocery stores to obtain a more healthy diet. Eligibility is based on the Food Stamp household's resources (such as bank accounts), income, and other requirements such as residence, citizenship or qualified non-citizen status and cooperation with the Department of Economic Security's Food Stamp Employment and Training Program. For more information call 1-800-352-8401 or visit www.arizonaselfhelp.org/

School Lunch and Breakfast Program: The National School Lunch Program (NSLP) is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. For additional information, please call Arizona Department of Education (602) 542-8700.

Free Meals	Incomes at or below 130 percent of the poverty level
Reduced meals	Incomes between 130 percent and 185 percent of the poverty level
Full price meals	Incomes over 185 percent of poverty level

After school snacks are provided to children on the same income eligibility basis as school meals. However, programs that operate in areas where at least 50 percent of students are eligible for free or reduced-price meals serve all snacks free.

Senior Nutrition Programs: This program is designed to provide older Americans with low cost nutritious meals through both Congregate Meals and Meals delivered at home. Also, several private organizations provide "Meals-on-Wheels" service. For additional information, please call Elder Resource and Referral at (602) 542-4446.

Summer Food Program: The Summer Food Service Program ensures that children in lower-income areas receive nutritious meals during long school vacations, when they do not have access to school lunch or breakfast. SFSP sponsors receive payments for serving healthy meals and snacks to children and teenagers, 18 years and younger, at approved sites in low-income areas. For additional information, please call Arizona Department of Education (602) 542-8700.

WIC – Women, Infants and Children: The Special Supplemental Nutrition Program for Women, Infants, and Children - better known as the WIC Program - serves low-income women, infants, & children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. For additional information, call the WIC hotline at (800) 362-0101.

Income must be or at or below [185 percent of the Federal poverty income guidelines](#).

Head Start Program & Early Head Start: The Head Start program has a long tradition of delivering comprehensive and high quality services designed to foster healthy development in low-income children. Head Start grantee and delegate agencies provide a range of individualized services in the areas of education and early childhood development; medical, dental, and mental health; nutrition; and parent involvement. In addition, the entire range of Head Start services are responsive and appropriate to each child and family's developmental, ethnic, cultural, and linguistic heritage and experience.

Income: Current Poverty Guidelines

Food Safety

Provide information on preventing food borne illness when providing nutrition education. Important information to include:

Clean – Wash hands and surfaces often.

Wash hands in hot soapy water for at least 20 seconds before preparing food and after using the bathroom, changing diapers and handling pets. Wash cutting boards, knives, utensils and counter tops in hot soapy water after preparing each food item and before going on to the next one. Use plastic or other non-porous cutting boards. Cutting boards should be run through the dishwasher - or washed in hot soapy water - after use.

Separate-Separate raw, cooked, and ready to eat foods while shopping, preparing, or storing.

Separate raw meat, poultry and seafood from other food in the grocery shopping cart. Store raw meat, poultry and seafood on the bottom shelf of the refrigerator so juices don't drip onto other foods. If possible, use one cutting board for raw meat products and another for salads and other foods that are ready to be eaten. Never place cooked food on a plate that previously held raw meat, poultry or seafood.

Cook to a safe temperature

Use a meat thermometer, which measures the internal temperature of cooked meat and poultry, to make sure that the meat is cooked all the way through. Cook roasts and steaks to at least 145°F. Whole poultry should be cooked to 180°F for doneness. Cook ground meat, where bacteria can spread during grinding, to at least 160°F. If a thermometer is not available, do not eat ground beef that is still pink inside. Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked.

Chill - Refrigerate perishable foods promptly

Refrigerate or freeze perishables, prepared food and leftovers within two hours. Never defrost (or marinate) food on the kitchen counter. Use the refrigerator, cold running water or the microwave. Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.

For individuals at high risk of food borne illness such as pregnant women, young children, older persons, and people with weakened immune systems or certain chronic illnesses, also recommend the following:

- Do not eat or drink unpasteurized juices, raw sprouts, raw (unpasteurized) milk and products made from unpasteurized milk.
- Do not eat raw or undercooked meat, poultry, eggs, fish, and shellfish (clams, oysters, scallops, and mussels)

Useful Resources:

For other food safety information from
www.FoodSafety.gov
<http://www.fightbac.org/main.cfm>
<http://vm.cfsan.fda.gov>
www.fsis.usda.gov

1-888-SAFEFOOD for seafood, fruits and vegetable information from the US Food and Drug Administration
1-800-535-4555 for meat and poultry information from the United States Department of Agriculture.

Shopping/Food Resource Management

Plan meals to save money, time and effort.

Make a grocery list of all the foods needed. Make meals easier to prepare by trying new ways to cook foods and use planned leftovers to save both time and money.

Cost Saving Tips

Look for specials in the newspaper ads for the stores and for coupons for foods on the grocery list.
Look for bargains on day-old bread and bakery products
Consider buying in bulk.
Buy fresh fruits in season.
Nonfat dry milk is the least expensive way to buy milk.
Use label and shelf information in the grocery store to compare fresh, frozen, and canned foods and convenience foods versus scratch foods to see which is less expensive.
Use dry beans and peas instead of meat, poultry, or fish.

Policy/Environmental Support

Environmental

- Plan, conduct, and evaluate community programs that address objectives in *Healthy Arizona 2010: Collaborating for a Health Future* (healthy weight, fruit and vegetable intake, calcium consumption, food security, iron intake, breastfeeding, folic acid intake, and food safety). (21)
- Increase access to healthful foods in schools, worksites, and communities. (22)
- Assist in efforts to improve food access and reduce food loss through efforts such as gleaning programs. (18)
- Conduct or collaborate on food security-related research including measurement of household and community food security. (18)
- Implement innovative programs to improve the food security of individuals, households, and communities. (23)

- Change the public perception of overweight and obesity at all ages. The primary concern should be one of health and not appearance. (10)
- Provide safe, enjoyable, and accessible environments for physical activity in schools and for transportation and recreation in communities. (22)
- Promote community water fluoridation. (16)
- Encourage food manufacturers and restaurants to reduce sodium in the food supply. (23)

Policy

Recommend worksite policies to (10):

- Create opportunities for regular physical activity during the workday including flexible work hours.
- Provide protected time for lunch and ensure that healthy food options are available.
- Establish worksite exercise facilities or create incentives for employees to join local fitness centers.
- Create incentives for employees to achieve and maintain a healthy body weight.
- Include weight management and physical activity counseling as a benefit in insurance contracts.
- Establish policies to promote and support breastfeeding.

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